

OTHER ACS PROGRAMS

Army Emergency Relief (AER)

Army Family Action Plan (AFAP)

Army Family Team Building (AFTB)

Army Volunteer Corps (AVC)

Community Information and Referral Program

Employment Readiness Program

Financial Readiness Program

Mayoral Program

Military and Family Life Consultants (MFLC)

Mobilization and Deployment Readiness

Outreach Program

Soldier and Family Assistance Center (SFAC)

Survivor Outreach Services (SOS)

Warrior Family Community Partnership (WFCP)

For more information or to register for upcoming events, please call (719) 526-4590.



Army Community Service (ACS)

ACS Center, Building 1526

6303 Wetzel Avenue, Fort Carson CO 80913-4104

TEL: (719) 526-4590 / DSN: 691-4590

TOLL FREE: 1-866-804-8763

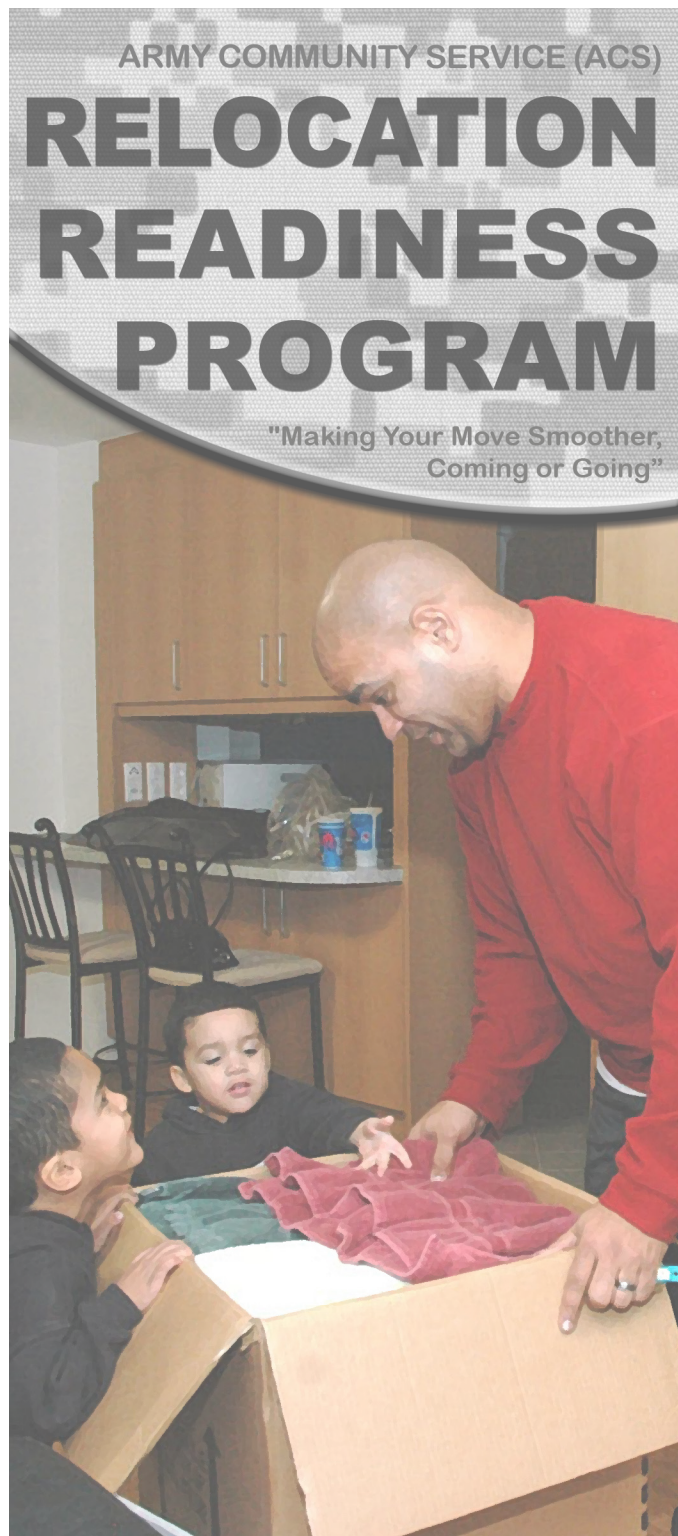
FAX: (719) 526-2637

VISIT ACS ONLINE

FACEBOOK: Fort Carson Army Community Service

TWITTER: Fort Carson ACS

Website: www.carson.army.mil (Click on Services)



THE FAMILY CONNECTION

“Connecting Your Family With Ours”

Are you new to Fort Carson or have you been here a while and can't find what you need? If so, come on by and let's get acquainted! Our facility is open Monday, Tuesday, Thursday and Friday from 8:30 a.m. to 4:30 p.m. and Wednesdays from 9:00 a.m. to 4:30 p.m. We are closed Monday thru Friday from 12:00 p.m. to 1:00 p.m. as well as weekends and federal holidays. Our services include:

- Welcome Packets
- Community Networking Assistance
- Family Readiness Group (FRG) Information
- Kids Play Area
- Computer Lab with Printers
- Conference Room
- Personal Consultations
- Volunteer Opportunities
- Toy and Book Program

For more information, please call (719) 526-1070.

NEWCOMER ORIENTATION*

This orientation is offered monthly on the first Thursday of the month from 0800 to 1530. It offers participants the opportunity to learn about the programs and services that are available at Fort Carson. Topics include TRICARE; DFMWR; Child, Youth & School Services (CYSS); volunteering; Army Family Team Building (AFTB); employment; the Exceptional Family Member Program (EFMP); Financial Readiness and much more. Included is a van tour of the installation, refreshment's, free childcare (registration required) and the chance to meet new friends. Call and reserve your spot, (719) 526-1070. We look forward to meeting you!

NEWCOMER ASSISTANCE*

- Fort Carson Post Guide and Telephone Directory
- Maps for Colorado Springs and Fort Carson
- Altitude Adjustment Tips
- Information on School Districts and Registration
- Colorado Springs Relocation/Visitors' Guide
- Child & Youth Services Information
- Community Recreation Information
- Religious Activities and Services
- Post/Community Resource Referrals
- Area Attractions

HOMEBUYER'S WORKSHOP*

Sign up and attend our monthly Homebuyer's Workshop on the forth Wednesday of the month from 1300 to 1700. It is taught by licensed realtors and professional mortgage lenders. Participants receive a variety of information and learn about the process of buying a home and securing a mortgage. To register for an upcoming workshop, call (719) 526-1070.

LOAN CLOSET*

Offers temporary household goods to ID card holders that are arriving/departing from Fort Carson. Items include:

- Hospitality Kits (pots, pans, dishes, glasses, etc.)
- Infant and Toddler Car Seats & Booster Seats
- Folding Tables and Chairs
- Portable Baby Cribs (Pack-n-Play)
- Irons and Ironing Boards
- Crock Pots and Electric Skillet
- Coffee Makers and Alarm Clocks
- Cots and Vacuums and much more.

MULTICULTURAL SUPPORT GROUPS*

Our multicultural support groups currently include German, Asian and Spanish. Groups meet throughout the month and participants enjoy socializing, exchanging recipes, speaking in their native languages and sharing common cultural issues. If you are interested in attending or would like to organize a support group representing your own culture, please call (719) 526-1070.

SPONSORSHIP TRAINING*

Are you interested in helping another Soldier get settled into our area? If so, talk to your commander about becoming a sponsor! Training is available online or on the second and fourth Tuesday of the month from 9 a.m. to 10 a.m. at the Family Connection. Registration is required. For more information, call (719) 526-1070.

IMMIGRATION AND NATURALIZATION*

Do you have questions on the citizenship process? Are you needing information on how to become a permanent resident? Are you wondering how to petition for a Family Member to come to the United States? Are you just not sure where to start? If so, call (719) 526-0457 and schedule an appointment (preferred, due to the high demand). Active Duty Soldiers are required to go to their S-1's for assistance.

TOY AND BOOK PROGRAM*

This free program allows parents to bring their child (ren) by the Family Connection and pick out a book, a coloring book and crayons or a toy (i.e. jump rope, cards, puzzle). The primary mission of this program is to make the transition phase for parents and children easier while their personal items are being transported to and from Fort Carson.

WEBSITE RESOURCES

- **Fort Carson:** www.carson.army.mil
- **Worldwide Installations Database:** <http://apps.mhfdod.mil/pls/psgprod/f?p=MI:ENTRY:801362267215229:::>
- **My Army OneSource (ACS):** www.myarmyonesource.com/default.aspx
- **Colorado Springs Chamber of Commerce:** <http://coloradospringschamber.org/>
- **Fort Carson ACS:** <http://community.carson.army.mil/ACS/>
- **Fort Carson MWR:** <http://mwrfortcarson.com/>
- **Colorado Department of Education:** www.cde.state.co.us/
- **Pikes Peak Association of Realtors (PPAR):** www.ppar.com
- **Army Civilian Personnel Online:** www.armycivilianservice.com/

* = Available at the Family Connection.

RELOCATION READINESS PROGRAM

Not sure how to move? Need more information on where you are going? Stop by and visit us at the ACS Center, building 1526. Our primary mission is to assist you and your Family in the relocation process. We can provide you with the resources to make an informed relocation decision. Our services include but are not limited to:

- Out-bound consultations, individual or family
- Relocation-related educational classes
- Welcome packets/information (Stateside/Overseas)
- Foreign language tapes and videos
- Individual Deployment Planning
- Free auto maps & destination directions
- Waiting Families Program “Hearts Apart”
- English as a Second Language (ESL)

TRIP PLANNING ASSISTANCE

What’s the quickest route? Are there any military installations along the way? Where’s a good place to stop? These are all questions that we think about when traveling. Trip planning offers you step-by-step directions, maps, and much more. For more information, call (719) 526-1053.

REASSIGNMENT BRIEFINGS

These mandatory briefings are offered on a weekly basis at the Freedom Performing Arts Center (FREEPAC), building 1129, for all personnel being reassigned. It is highly encouraged that spouses attend. Personnel are required to bring their Department of the Army (DA) Form 5118, signed by their unit personnel section (S-1). Please bring a pen to complete additional paperwork.

- Overseas Brief: Tuesdays / Sign-in starts at 7:00 a.m. and the briefing starts at 7:30 a.m. / FREEPAC
- Stateside Brief: Thursdays / Sign-in starts at 7:00 a.m. and the briefing starts at 7:30 a.m. / FREEPAC

For more information, call (719) 526-4730 or 526-4583.

INSTALLATION PACKETS

Would you like information on your next duty station? Are you looking for phone numbers and not sure where to find them? If so, call (719) 526-1053 and request an installation packet...and don’t forget to ask about your individual consultation.



WAITING FAMILIES “HEARTS APART”

This program provides resources and a support network to families who are geographically separated from their loved one. To learn more and register your family in this valuable program, contact the Relocation Readiness Program at (719) 526-4590.

ENGLISH AS A SECOND LANGUAGE (ESL)

ESL classes are free and are on a space-available basis. Spouses of Active Duty Soldiers have priority, then Active Duty Soldiers and then all other ID Card holders. Registration and testing are required before initial class attendance. Free childcare is available with prior registration (space available basis). Classes are typically from Monday to Thursday. 0900 to 1200. For more information, contact the Relocation Readiness Program at (719) 526-1053 for a scheduled appointment.

WEBSITE RESOURCES

If you have access to a computer, there are numerous websites that offer relocation assistance. Sites include:

- **Fort Carson:** www.carson.army.mil
- **Worldwide Installations Database:** <http://apps.mhfi.dod.mil/pls/psgprod/f?p=MI:ENTRY:801362267215229:::>
- **My Army OneSource (ACS):** www.myarmyonesource.com/default.aspx
- **Colorado Springs Chamber of Commerce:** <http://coloradospringschamber.org/>
- **Fort Carson ACS:** <http://community.carson.army.mil/ACS/>
- **Fort Carson MWR:** <http://mwrfortcarson.com/>
- **Colorado Department of Education:** www.cde.state.co.us/
- **Pikes Peak Association of Realtors (PPAR):** www.ppar.com
- **Army Civilian Personnel Online:** www.armycivilianservice.com/

GETTING ACCLIMATED

There is less oxygen in the air at 6035 feet than at sea level. Newcomers to the area notice that exertion causes a bit of huffing and puffing, at least for a while. Headaches and difficulty sleeping are not uncommon. The key to getting used to the altitude is taking it easy at first.

Low levels of humidity can cause you to become dehydrated before you realize it. Perspiration does not soak your clothes the way it does in more humid climates, it just evaporates. Exercise in moderation and drink lots of water. Your skin will be drier out here so make sure you use plenty of lotion. Moisturizers and lip balm are best-sellers around here. Low humidity has its advantages too. Spills, rain, and snow evaporate quickly, and mosquitoes and most other insects are scarce.

Sunburn is another thing to watch out for at higher altitudes. With less atmosphere to screen out skin-damaging ultraviolet radiation, you can get a burn more quickly than you realize. Sunscreen should be applied more frequently than at lower elevations, and sunglasses are a must, especially in the mountains, around water, or while skiing.

COOKING AND GARDENING

When you bake you should use 25 percent less baking powder, two tablespoons less sugar per cup, and four tablespoons more water per cup. You should increase oven temperature by about 25 degrees. Mixes usually have adjustments printed on the package. Food takes longer to cook because water boils at a lower temperature. Call the Colorado State University (CSU) Extension Office at



(719) 636-8920 for more detailed information. Colorado cookbooks that take our altitude into consideration can be found at area bookstores, supermarkets, and kitchen shops.

Higher altitude also makes for a shorter growing season. The last killing frost occurs here, on average, about May 15, and the first hard freeze usually hits in mid-October. Frequent watering of gardens, lawns shrubs, and trees is a necessity because of the dry climate. The CSU Extension Office or the local Horticultural Art Society (475-0205) can advise you on the best varieties for Colorado gardening and how to care for them. Also check out the Colorado Springs Utilities’ Xeriscape Demonstration Garden on Mesa Road north of Fillmore Street for water conserving landscaping ideas.

DRIVING TIPS

Your vehicle may need carburetor and timing adjustments to run smoothly at the high altitude. Most fuel-injected, computer-controlled engines do just fine, although you may notice a bit less power. Drivers should also remember that major snowstorms can occur in Colorado Springs from early September to late May, and at any time in the mountains, especially on the higher passes. This explains why every other vehicle in Colorado seems to have four-wheel drive. For conventional cars, snow tires are a good idea.

Fortunately, snowy conditions usually dissipate quickly because of Colorado’s low humidity and intense sun. But smart winter travelers keep an eye on weather reports to avoid heading out into blizzard conditions, and many carry emergency kits with blankets, food, and water. If you do end up getting stuck, it’s almost always safest to stay with your vehicle and wait for help. For statewide road conditions call (877) 315-ROAD (7623) or visit www.dot.state.co.us.



Colorado Springs Climate

Monthly	Average		Snow
	High	Low	
January	41.4	16.1	5.1
February	44.6	19.3	5.1
March	50.0	24.6	9.1
April	59.8	33.0	6.5
May	68.7	42.1	NA
June	79.0	51.1	NA
July	84.4	57.1	NA
August	81.3	55.2	NA
September	73.6	47.1	NA
October	63.5	36.3	NA
November	50.7	24.9	5.6
December	42.2	17.4	5.3

Normal annual precipitation: 16.24 inches
Average days of sunshine per year: 300
Average humidity: 50 percent
Average annual snowfall (September-June): 42 inches

The Relocation Readiness Program is here to assist you...we can provide you with the resources to make an informed relocation decision.